

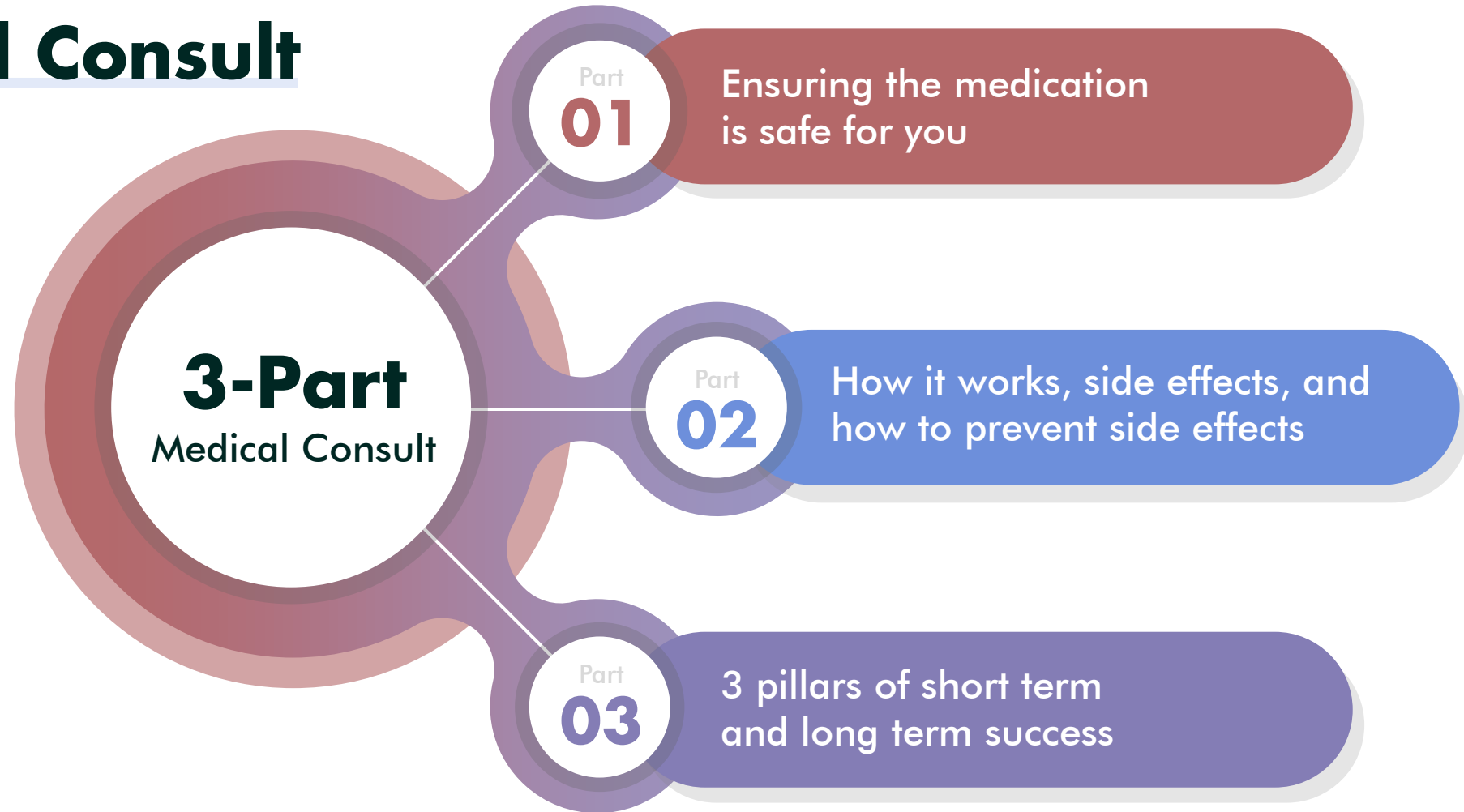
The Lean Body Medical Consult

Safe & Effective Injectable
Weight Loss Program

MaxLife MD



Simple 3-Part Medical Consult



Is the medicine safe for you?



Absolute contraindications:

- Current or planned pregnancy
- History of pancreatitis
- Personal or family history of medullary thyroid cancer
- History of multiple neoplasia 1 or 2



Relative contraindications:

- Type 1 diabetes



Ideal candidate:

- No absolute or relative contraindications
- Needs to lose at least 20 pounds
- Has difficulty controlling food cravings and often makes unhealthy food choices



How does the medication work?

The medication works in 3 basic ways:

Action #1: Slows digestion so food takes longer to pass from your stomach to small bowel	Action #2: Makes your pancreas and liver more efficient with how you respond to glucose	Action #3: GLP-1's interact with brain receptors that control hunger and satiety
Effect: You will physically feel fuller faster and longer so you will want to eat less.	Effect: Your glucose and insulin levels will never spike to unhealthy levels. <ul style="list-style-type: none">• Glucose will not be stored as body fat because you will not have "unused glucose" circulating• Lower insulin levels will promote lipolysis ("fat burning")	Effect: The food noise in your brain will be turned off and you will be able to better control food cravings.

What are the common side effects?



Most people don't experience side effects



The occurrence and severity of side effects often decrease over time as the body adjusts to the medication if you develop side effects



Most common side effects (if you experience them) are nausea, diarrhea, constipation and fatigue

How to prevent side effects?



We start with a lower dose and gradually increase only as needed (we don't blindly increase the dosage)



Do not let your glucose level get too low by starving yourself (low glucose levels can cause nausea, fatigue, and headache)



Avoid constipation by eating enough fiber and drinking enough fluid throughout the day



Promote good digestion by:

- Not overeating
- Avoiding fried, fatty foods
- Eating smaller, frequent meals (3-5 small meals per day)

What are the 3 pillars of success?

Philosophy: Your body will ALWAYS respond and ADAPT to the environment you expose it to. Therefore, you want to create an environment that forces your body to maintain muscle, burn fat, and increase your metabolism.

Have the right mindset

- Do not take the medication and starve yourself without feeling like you are starving
- Starving yourself will have severely negative consequences.
 - Muscle mass loss
 - Slowed metabolism
 - Will regain weight when you get off the medications

01

Move different

- Resistance training at least 2 to 3 days per week
- Know your daily steps
- Set daily step goals and crush the goals

02

Eat different

- Focus on protein (0.8 grams per pound of body weight)
- Half your plate should be protein and the other half should be split between whole grains/vegetables, and healthy fats)
- Eat small frequent meals
- DO NOT STARVE YOURSELF.

03